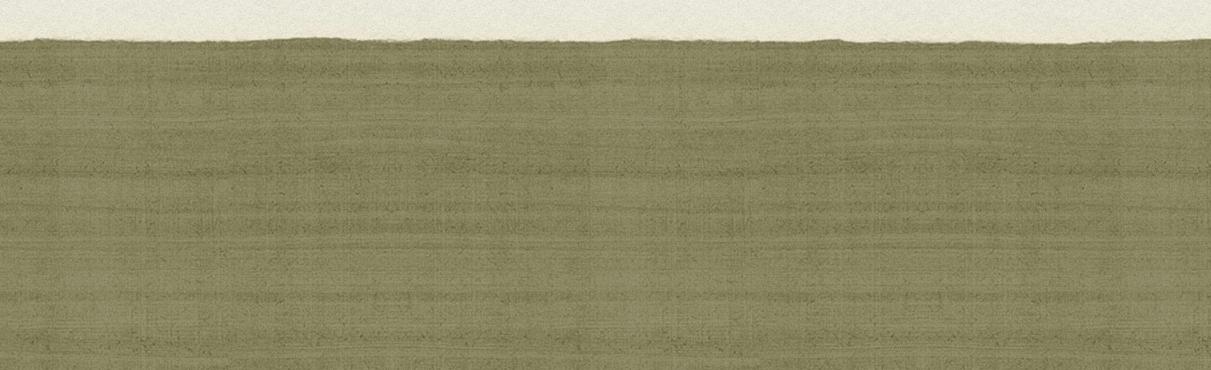
EFFORTLESS MINDFULNESS: SEEING WITH THE EYES OF THE HEART

Session Five





MEDITATION

Mindfulness and Four Somatic Markers:

Deliberate Mindfulness: Grounding and Aligning

Effortless Mindfulness: Spaciousness and Open-Heartedness



SPIRITUAL BY-PASSING

The "Witness Protection Program"

The first You Turn of *Turning and Looking*, without the second You Turn of *Tuning In and Relaxing*

The Human Condition: Dukkha, Tanha, Nirvana, Marga

Reactivity, Grasping, Liberation, Path



A MAP OF THE PSYCHE

Protectors

Jay Earley, Self-Therapy

Internal Family Systems (IFS)

Exiles

Self



PROTECTOR PARTS

Examples: the Avoider, the Accomplisher, the Judge, the Distractor, the Procrastinator, the Skeptic, the Confuser, the Intellectual, the Defensive Part, the Anger part, the Impatient part, the Shy part, the Hurrying part, the Arrogant part, the Disdainful part, the Selfeffacing part, the Withdrawn part, the Inadequate part

Remember: all parts are trying to help. There are no "bad" parts.

React to situations that cause you pain, shame, fear, or grief



WORKING WITH A PROTECTOR

For example, a Rushing, Hurrying Part

- Letting it speak about its experience
- Noticing the "felt sense," the bodily experience of the Protector

This is Unhooking and Stepping Back.





- Exiles carry burdens, painful feelings or beliefs about oneself or the world.
- Angry part, a Needy part, a Hurt Part, a Loving part

EXILES

• Exiles carry vulnerable emotions, such as shame, fear, sadness, or hurt

• Examples of Exiles: an Insecure part, a Scared part, a Shamed part, an



WORKING WITH AN EXILE

For example, a Scared Part

Letting it speak about its experience

Noticing the "felt sense," the bodily experience of the Exile

This is Unhooking and Stepping Back.





Self (or Knowing) is not efforting (effortless mindfulness).

Knowing is effortless Presence.

Self (or Knowing) has qualities of calmness, clarity, compassion, curiosity, confidence, courage, creativity, and connectedness.

We access Self by *Turning and Looking* at what is looking.



ACCESSING PARTS

Through Image, Body Sensation, Voice, Emotion What does this part (he, she, it) want you to know?

How do you feel toward this part?

How does this part like its role?



UN-BLENDING

Un-blending is Unhooking and Stepping Back.

Turning and Looking is being in Self (or Knowing).

Tuning In and Relaxing is unburdening the Protector or Exile. This is "mixing" the felt sense of the Protector or Exile with Awakened, Open-Hearted Awareness.



UNBURDENING

When Protector parts and Exiles are unblended and held in Self (or Knowing), they can unburden themselves of their roles and their pain and limiting beliefs.



RITUAL UNBURDENING

Rituals can be powerfully healing.

Imaginatively, or literally ritually releasing the burden(s) of Protectors and Exiles to:

Light ... Wind ... Water ... Earth ... or Fire



RUPERT SPIRA

"Our Self — luminous, empty Awareness — knows no resistance, and is therefore, Peace itself; it seeks nothing, and is, thus, Happiness; it is intimately one with all appearances and is, as such, pure Love."





Jeff Foster: "How I Became a Warrior"

AN EXAMPLE

